

Foods are evaluated for compliance with the Connecticut Nutrition Standards (CNS) based on the amount **as served** including any **added accompaniments**. **The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.**

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product’s nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/SubmitProduct.pdf).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/VendorContact.pdf).

**LOW-FAT OR REDUCED FAT
100 PERCENT NATURAL (REAL)
CHEESE**

The Food and Drug Administration defines natural cheese as cheese made directly from milk, e.g., cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta, brie and pasteurized blended cheese made by blending two or more different natural cheeses. Natural cheeses do not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread or pasteurized process cheese products.

LOW-FAT OR REDUCED FAT 100 PERCENT NATURAL (REAL) CHEESE				SNACKS															BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.				
				General Standards	Nutrient Standards																		
					1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		Low-fat or reduced fat cheese is exempt from the fat and saturated fat standards				No partially hydrogenated oils	≤230 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes			No caffeine		
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup
ES Foods	Low Moisture Part Skim Mozzarella Cheese Stick, Individually Wrapped, 1 oz	1 oz	28	FG	60	3.0	45.0%	1.5	22.5%	0	yes	170	0	1	0.0%	yes	yes	yes		Code 40244	3/6/14	X	X
Great Lakes Cheese Co, Inc.	Baker String Cheese (Low Moisture Part Skim Mozzarella), 1 oz	1 oz	28	FG	80	6.0	67.5%	3.5	39.4%	0	yes	150	0	0	0.0%	yes	yes	yes	Thurston	Item 29570; UPC 36514-19936; Case UPC 100-36514-99120-3	8/7/13	X	X
Land O'Lakes	Colby Jack Cheese Sticks, Reduced Fat, 1 oz	1 oz	28	FG	90	6.0	60.0%	4.0	40.0%	0	yes	200	0	0	0.0%	yes	yes	yes	HPC, J Kings, M & R, Sysco CT, Thurston	Code 44878; UPC 0-34500-44878-9; Case UPC 100-34500-44878-6	7/24/13	X	X
Land O'Lakes	Mild Cheddar Cheese Sticks, Reduced Fat, 1 oz	1 oz	28	FG	90	7.0	70.0%	4.5	45.0%	0	yes	200	0	0	0.0%	yes	yes	yes	HPC, J Kings, M & R, Sysco CT, Thurston	Code 44881; UPC 0-34500-44881-92; Case UPC 100-34500-44881-6.	7/24/13	X	X

LOW-FAT OR REDUCED FAT
100 PERCENT NATURAL (REAL)
CHEESE

The Food and Drug Administration defines natural cheese as cheese made directly from milk, e.g., cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta, brie and pasteurized blended cheese made by blending two or more different natural cheeses. Natural cheeses do not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread or pasteurized process cheese products.

LOW-FAT OR REDUCED FAT 100 PERCENT NATURAL (REAL) CHEESE <div>The Food and Drug Administration defines natural cheese as cheese made directly from milk, e.g., cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta, brie and pasteurized blended cheese made by blending two or more different natural cheeses. Natural cheeses do not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread or pasteurized process cheese products.</div>				SNACKS																		BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.	
				General Standards	Nutrient Standards																		
				1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		Low-fat or reduced fat cheese is exempt from the fat and saturated fat standards																
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup
Land O'Lakes	Mozzarella String Cheese, 1 oz wrapped portion	1 oz	28	FG	80	6.0	67.5%	3.5	39.4%	0	yes	210	0	0	0.0%	yes	yes	yes	HPC, J Kings, M & R, Sysco CT, Thurston	Code 59701; UPC 0-34500-59701-2; Case UPC 100-34500-59701-9. 1 meat/meat alternate per ounce.	7/24/13	X	X
Land O'Lakes	Mozzarella String Cheese, Light, 1 oz wrapped portion	1 oz	28	FG	60	2.5	37.5%	2.0	30.0%	0	yes	210	0	0	0.0%	yes	yes	yes	HPC, J Kings, M & R, Sysco CT, Thurston	Code 59703; UPC 0-34500-59703-6; Case UPC 100-34500-59703-3.	7/24/13	X	X
National Food Group, Inc.	String Cheese, Reduced Fat, Individually Wrapped, 1 oz	1 oz	28	FG	80	4.5	50.6%	2.0	22.5%	0	yes	95	0	0	0.0%	yes	yes	yes	M&R, National Food Group, Sysco CT	USDA Commodity Item GOVSTRF1A	7/18/13	X	X
Schreiber	String Cheese (Low-Moisture Part-Skim Mozzarella), 1 oz	1 oz	28	FG	80	5.0	56.3%	3.0	33.8%	0	yes	190	0	0	0.0%	yes	yes	yes	M&R, Thurston	UPC0-30900-91148-9 Case UPC 400-30900-91148-1	8/7/13	X	X
Schreiber	String Cheese, Light Low-Moisture Part-Skim Mozzarella, 1 oz	1 oz	28	FG	60	3.0	45.0%	1.5	22.5%	0	yes	160	0	<1	0.0%	yes	yes	yes	M&R, Thurston	UPC0-30900-00152-4; Case UPC 400-30900-00152-2	8/7/13	X	X